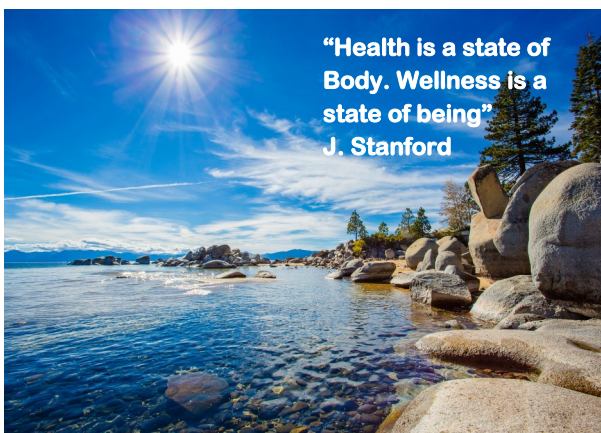


Our Approach

Our approach is simple: We believe that overall wellness means healthy minds and bodies. The Cirby Wellness Center offers an array of wellness services all in one place. Activities are facilitated by both peer and professional staff to ensure that each participants individual needs are addressed. We aim to offer services that align with the goal of becoming healthy in both body and mind.



**"Health is a state of
Body. Wellness is a
state of being"**
J. Stanford



**"What you do today
can improve all of
your tomorrows"**

R. Marston

For more information contact

The Wellness Coordinator

(916) 787-8947

**or stop in the Wellness Center during
regular business hours!**

Open Monday through Friday

9:00am to 4:00pm



**101 Cirby Hills Drive
Roseville CA 95678
916.787.8947**



**Health and Human Services
Adult System of Care**



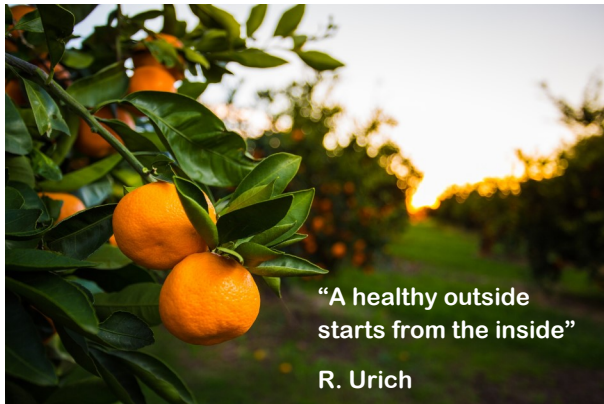
**Helping you
reach your
goals to get
healthy and
stay well!**

Who should come to the Wellness Center?

The Cirby Wellness Center is open to both ASOC clients and community members. We welcome anyone in need of support, resources, and connection are welcome to attend. The Cirby Wellness Center operates within one of Placer County's outpatient mental health clinics so additional services may be available.

How much do wellness activities cost?

Activities at the Wellness Center are free of cost. Participants are not required to pay for any portion of the program. Any materials and equipment needed for the groups will be provided. Participants only need to arrive with an open mind and willingness to try new things!



"A healthy outside
starts from the inside"

R. Urich



Groups, Classes and Activities we offer:

The activities offered at the Wellness Center are designed to foster a sense of community and shared recovery. The Wellness Center features; A Community garden, art groups, journaling classes, choir, walking groups and hiking group, yoga, meditation, various exercise groups, health education, cooking classes, job readiness, and so much more!

Resource Center

Visit the resource center inside the Cirby Wellness Center and find assistance with; housing, food banks, Medi-Cal, substance use clinic, mental health screening, resume and cover letter writing, volunteer jobs, budgeting, social media navigation, community resources, etc.

Cirby Wellness Community Garden

The Cirby Wellness Center maintains it's own community garden. Produce is incorporated in our cooking classes and healthy Living Series! Volunteers for the garden are always welcome!

